



23 March 2017

Future VAC Events and Training

August

From time to time, some sessions may need to be adapted or changed at late notice. Before you set off for a training session, please take a moment to check our [Facebook Group](#), [Facebook Page](#) and [Twitter feed](#) for information on any of these possible changes.

Date	Category	Event Details	
Tue 28 March	6:30pm	Emsworth 10k or Short Handicap Recce coaches: Dave / Mary sweeper: Lucy Galloway	HLC
Thurs 30 March	6:00pm	First Summer Short handicap	HLC

Details about the regular Tuesday and Thursday training sessions are available on the Victory AC website at

There have been a few changes to our Winter sessions. Please check out the website link below for more information.

<http://www.victoryac.org.uk/training.html>

Membership Renewal – Jan MacDonald

Membership renewals are due on 1st April, though I am processing renewals during March for those who want to renew early to avoid forgetting.

Just a couple of points to remember:

- New forms should be on the website. Please complete the relevant form and send to me, even if your details haven't changed.
- There are no increases in the costs of Victory AC subscriptions again this year!
- EA registration has gone up to £14 for 2017-2018. Please include this registration fee with your subs if you are currently registered or would like to be registered.
- If you have use of one of our Horizon Leisure Passes and you wish to use it for another year, please include the £6 for the card, with your subs, otherwise return the card to me.
- If you pay online, please identify your transaction with your name and email a renewal form to me (memberships@victoryac.org.uk) .
- If you would like a membership card, please send me a sae with your form and payment.

Forms and cheques can be sent to me (address on renewal forms), or given to me or one of our committee members at any of our training sessions.

Jan MacDonald - Victory AC Membership Secretary

From Vac Club Secretary:- 'Club Member of the Year Award 2017'

It's that time of year again where we ask all members to consider your nomination for the Club Member of the Year 2017, which will be awarded at the Annual Dinner next month.

Vac recognizes the success of every runner, no matter how far they run be it long or short, fast or slow, or even supporting from the side lines.

There is no particular criteria, just your own choice and it can be for a variety of reasons. It could perhaps be someone who has always been there for you , helped you meet your goals, progressed well, contributed to the club, volunteered or supported, or just been good company to run with. You don't have to give a reason if you don't wish to.

So please can you consider who you believe is worthy of this years Club Member of the Year award.

Please email me secretary@victoryac.org.uk by Fri 14th April 17.

Many thanks

Lesley Allen

Club Sec

Emsworth - Basingstoke Relay Saturday 20th May 2017 - Martin

Another call for runners, your club needs you!

This is great day out running the 45 miles or so from Emsworth to Cliddesden near Basingstoke in teams of 6.

Gentlemen please contact me at martcoles@yahoo.co.uk , ladies please contact Marilyn. I'd like to get teams sorted by around the end of March or so to allow for reccying. For information take a look at the website <http://www.emsworthrelay.org.uk/> where you can find pictures, results etc from previous years and maps of the legs.

The gents will be defending their title and my mate Darren wants to try a recruit a fast team, he already has some but needs more.

I'm still thinking of recruiting a mixed, and mixed ability, team but not had much interest, come on everyone - this really is fun!

This is a charity relay so runners will need to share the entrance fee of £50 per team and any travelling expenses and be expected to make a donation themselves or raise money from friends and family. Marilyn usually creates a donation web page to make this simpler.

To be clear this is the day before the Netley 10k but this is more fun!

PS Have I mentioned this is fun?

VAC Annual Dinner on 28th April

Please can I have Full payment by 7th April. Cash, Cheque (payable to Victory AC) or BT is acceptable though if you use BT please annotate the reference with your name and 'AD'. Transfer the amount online to the VAC Account, sort code 60-10-20, account number 61749923, and make sure that you identify yourself on the transfer transaction.

Evening All

Thank you to all of you that have responded to the VAC Annual Dinner on 28th April at the Langstone Hotel. I can now confirm that the price has dropped £25 per person as we have 90 people coming so far!

Please can you check the list to ensure you are on it if you want to be - my memory isn't the best at the moment so apologies if I've missed you off. I have space for another 18 so it's not too late join join in the fun.

The menu will be a set menu with vegetarian and Gluten-free variations.

The raffle will happen as normal - please bring a prize or 2 (Jenny has a pile of unwanted Xmas presents!). The hotel have provided 2 prizes -A room for 2 with breakfast, and afternoon tea for 2.

Many thanks

Dave

Hayling Billy 5

"This years Hayling billy 5 will take place onthe evening of 14th June 2017. As with last year there will not be a junior race. Entries will be via Fullon sports.

We will be requiring help with race organisation and marshalling on the day so watch out for further notices.

Posters and entry forms to be available very soon."

Pete Harding

HB5 Race Organiser.

Eastleigh 10K 19th March 2017: Ladies Captain's report- Helen Boiling

Another good turn out for the Victory ladies this weekend at the Eastleigh 10K-14 in total! Great to see some of our newer members taking part again. The day was dry with a chilly wind but not bad running conditions.

It is a 1 lap course, mainly flat; just one not too terrible hill! It is billed as being the biggest and fastest 10 K in the south; this year there were several thousand runners. It was the 33rd anniversary of this race.

The Victory ladies did well with Katie and Dee running PBs and Zoe completing her 1st ever 10 k race in a great time (hopefully many more to come)! Jo led the ladies A team home looking good. All the results are below.

Allison has completed all 8 of the HRRL races so far this year so well done for that! I can't believe how quickly the running year is going with just 4 more races to go. So if you haven't done one yet, what are you waiting for?! Come and join the fun! There are still places left in the last 3 races of the year: Alton 10 M, Netley 10 K and Lordshill 10 K.

Chip time results below:

Jo Gilholm	45:45	Bridget Main	01:05:38
Zoe Gill	45:46 (1 st 10 K)	Dee Sims	01:09:06 PB
Katie Lewis	50:38 PB	Marilyn Crocker	01:09:20
Helen Boiling	50:51	Sara Heath	01:19:00
Allison Lowder	57:45	Karen Griffiths	01:20:38
Becki Ralf	58:50	Hazel Jenkinson	01:21:29
Lucy Cowlin	01:02:36	Mary Short	01:23:10

Next road race on the calendar is Salisbury 10 Mile on 9th April. Entries are already full for this one!

Fleet Half Marathon 2017

Despite the alternative attractions of the New Forest, Reading and Easleigh four of us headed off to enjoy the new flatter half-marathon course at Fleet. Weather was cool, but the forecast strong winds didn't seem to be a problem. Well-organised pre-race and start, with highly visible pacers and considerably fewer runners with headphones, the message is getting through at last.

The start was a bit of a surprise, but being back in the field the gradual roll forwards of the runners was a reasonable clue. After a short run around residential streets we were heading along Fleet High Street, large enthusiastic crowds. Instead of running the length of the High Street we turned shortly before the 2 mile mark, turning again to rejoin the older route by the first water station. Mile 3 saw us continuing through leafy streets, towards and beyond the start with a steep climb to mile 4 and the High Street again. As in previous years we cross the railway & M3 around mile 5 and again around mile 8, 3 water stations spaced along here, then just before mile 11 turn onto the new route. Although this avoids the canal-side run and painful closing hill, this stretch was neither straight nor flat with long slow inclines to test tired legs and minds. Final water station at 11.5 miles. Final push of 200m into the park along a smooth flat surface (another improvement from a few years back).

Michael Kallenberg 1st 1:07:21 RAF (3rd consecutive win)

Lesley Locks 70th 1st Lady 1:20:57 Hart Road Runners

Andrew Wright 1004 1:45:26

Chris Turner 2164 2:11:21

Raman Sangha 2390 2:22:07

Cathy Beresford 2604 2:44:26

Andrew

Victory AC 'Take Over' of Havant parkrun: Sat 8th April : Make sure it's in your diary!

Just a reminder that Victory AC will be providing all the volunteer roles (including pacers) for the parkrun at Staunton Country Park, Havant on Sat 8th April.

We have had a terrific response from club members, with most roles being filled within a few hours! Please can everyone who has volunteered check that they are still able to do the roles that have put down to do.

Details of the event can be found at: www.facebook.com/events/1041500055956388/

The Havant parkrun Event Director has said that we can 'passively promote' the club [parkrun has a policy of 'no pressure'] by means of an information table with leaflets and entry forms for Hayling Billy 5 etc, and can also put up our gazebo if we want to – this would of course require people to take it, put it up etc.

This will be a 'regular' parkrun – and as is the ethos of parkrun, everyone is welcome to come along (don't forget your bar code!)

It would be great if club members wanted to wear their Victory AC vests/tee-shirts too!

Looking forward to seeing as many people as possible at Havant on 8th April!

Mary & Amber

Chichester Corporate Challenge

Race 2 Report: Wednesday 15th March - by Marilyn

Thankfully conditions were greatly improved for the second race in the series - no rain. Those of us watching the A race were soon jumping up and down with excitement (a good dynamic warm up for our own B race)! Zack, always in the leading group, pulled away on lap 3, and maintained his lead on the final lap 4 to come in **FIRST** - to the sound of our jubilant cheers! And he was shortly followed in by our other two A-race runners, Paul Mitchinson (7th) and Dave Howard (12th). Now the results are out, we can see that all three improved their times significantly (that's what counts in this series) as well as their positions in the race. But the biggest improvement was shown by the 4th and 5th Victory Vipers, Andrew Wright and Gary Heather, running in the B race, who both reduced their time by a massive 40 seconds! Sadly the Vipers were two short of a B team, so Gary and Peter Harding, who were the Vipers 5th and 6th finishers didn't count for a team.

Andrew's improved time as the 4th scorer, was the main factor in the Vipers placing as **FIRST** team for Race 2 with a combined time of 1:01:26 - up from 4th team in Race 1 when their combined time was 1:03:10 - total improvement of 1:44. All to go for in Race 3, boys! And we'll definitely have to stay for the prize-giving!

1	13:20	872	Zack	Lahlal	M1	Victory Vipers
7	14:14	873	Paul	Mitchinson	M7	Victory Vipers
12	14:46	871	David	Howard	M12	Victory Vipers
156	19:06	665	Andrew	Wright	M129	Victory Vipers
215	20:28	870	Gary	Heather	M173	Victory Vipers
242	21:04	868	Peter	Harding	M190	Victory Vipers

Victory Vixens didn't quite match the glory! Helen W led us in in a hugely-improved time of 19:57 (**50 seconds** faster than Race 1!), followed a few seconds later by Helen B. Yours truly had to make up the team - the only one not to improve my time from Race 1 - three days after The Grizzly it was just too much to ask! Nevertheless our combined time of 1:09:18 was an improvement of 4:19 on Race 1. We were 5th team again in the Women's Sports section, but this time there were only 5 teams. However, we were faster than 4 of the 9 teams in the Women's Corporate section.

877 Helen Whiting F 19:57

410 Helen Boiling F 20:03

874 MarilynCrocker F 29:18

Some of our other Victory girls had great races for other teams: Fay Cripps 17:03 in a Mixed Sports team; Kathryn Simpson 17:57 in the winning Havant Angels Women's Sports team; and Amanda Godfrey 21:25 in her WSCC Corporate Women's team.

Full results at:

<http://www.chichester-runners.org.uk/corporate-challenge-results>

Chichester Corporate Challenge Race 3

Wednesday 29th March - by Marilyn

Six men and five women already have their numbers. It will cost £4 for a new entry for Race 3 only. Two more needed for a Victory Vipers B team, boys. Dan Bailey, and Mark Wilson are possibles, and maybe Kevin Giles? Anyone else? One more needed for a Victory Vixens B team, girls. With the Vipers doing so well, hope some more of you will come along and bask in the glory! Zack is definitely in contention for an individual win. And Victory Vipers could be the overall team winners. Whatever happens, we will definitely be celebrating our efforts in the Old Cross afterwards.

Does anyone want to meet at 18:30 at Havant Leisure Centre to share transport?

Event Details

The Corporate Challenge is split into "A" and "B" races for logistical reasons. Race "A" for runners under 18 min (10K in under 40min); race "B" for all other runners. Team results are calculated from an aggregate of fastest times regardless of whether the team members run in the "A" or "B" race.

Timetable (for all 3 evenings)

6.30 pm Junior races start - see entry form for age-groups, distances and full timetable.

7.30 pm Corporate Challenge "A" race approx. 4500m (4 laps of 1100m approx.)

7.55 pm Corporate Challenge "B" race approx. 4500m (4 laps of 1100m approx.)

Course: 4 laps of Chichester centre, 4500m total, ie < 3 miles.

Teams: Men/mixed - 4 to score for a team.

Women - 3 to score for a team.

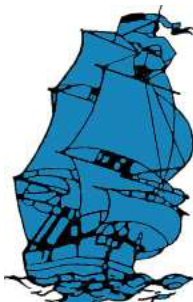
Venue: Assembly Rooms, North Street, Chichester, PO19 1LQ.

Changing & showers available at Westgate Sports Centre. (not close to the start/finish).

Parking: Festival Theatre car park (or other city centre car parks) - free after 6 pm.

Cost: £12.00 for runners from a UKA affiliated club - with current EA registration - for all three races. £14 for those without EA registration. Pro-rated for subsequent races.

Note: Once you have your number you need to keep it for all three races.



Victory Athletics Club: www.victoryac.org.uk
Please send flyer submissions to flyer@victoryac.org.uk by 7pm
Weds, or earlier in the week if possible